



MEDITATIONS OF A HERMIT:

"A DIALOGUE WITH THE INWARD FORCES"

VOLUME 7: INWARD FORCES

BOOK 2: A DIALOGUE WITH
THE INWARD FORCES

451660
L9 TX
2.49

MEDITATIONS
NOTEBOOK 20

WRITINGS 1990

12 January thru 6 July

AA SHIT
FUTHARK

NOTEBOOK

200 SHEETS

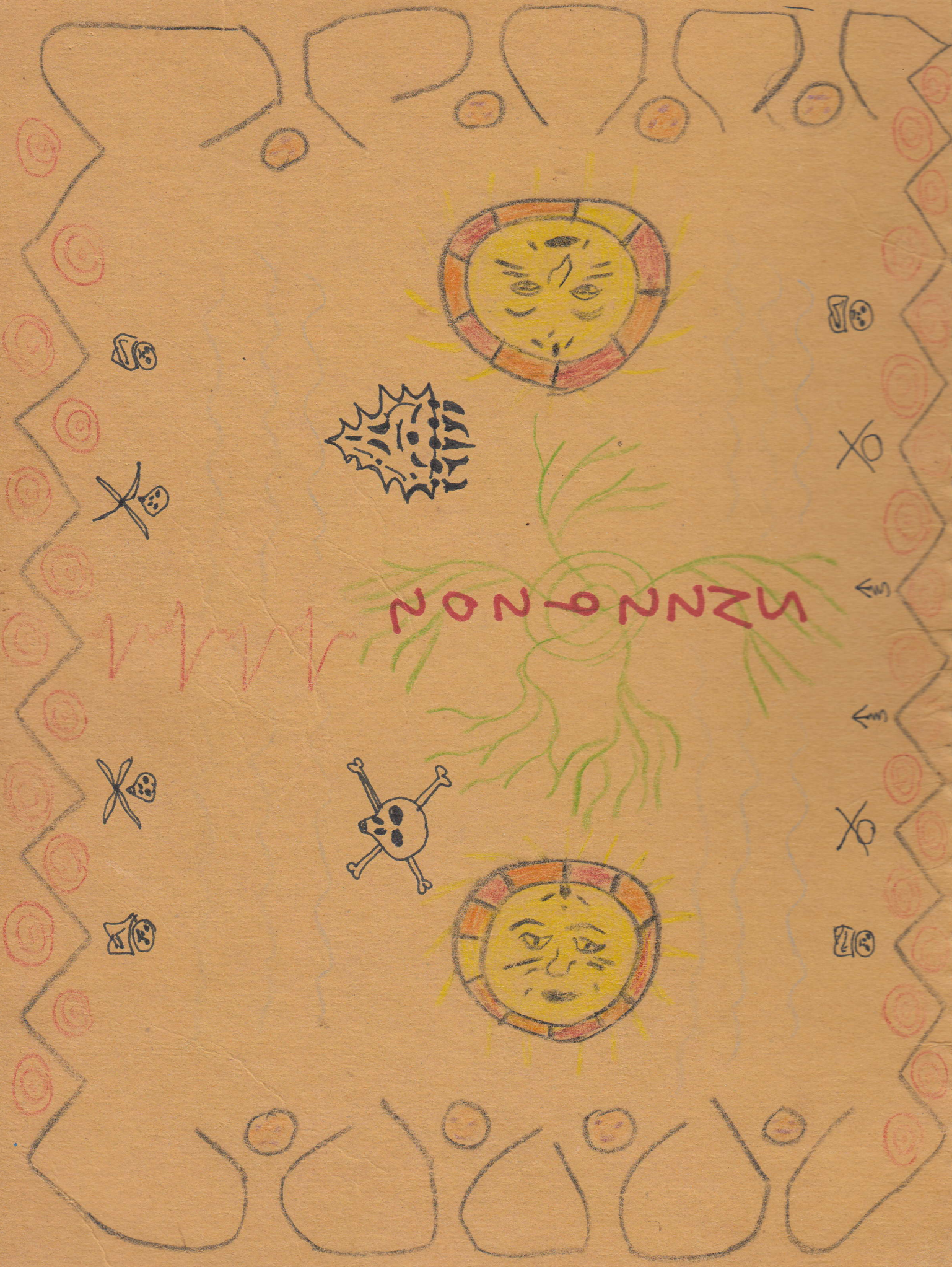
11 IN x 8½ IN

(27.9cm x 21.6cm)

COLLEGE/NARROW RULED

NO. 524113

UNION CAMP CORPORATION, WAYNE, NEW JERSEY 07470



February 5, 1990 Monday 2200 hours

1493

I just talked to Hank about Calculus. I think the whole thing was an expensive ego trip. I am not a scientist. I am not a mathematician. I will withdraw from the class Wednesday. Tomorrow I will go to an Ad meeting.

I do not want to take anymore classes at Brookdale until I decide what it is I want to be (what direction do I want to move in? What career do I want to pursue?)

So I just wasted 320 bucks...
It cost me 320 dollars to learn the secret that I am not a scientist.

I must not pressure myself nor degrade myself. I will give myself a break. I will take it easy.

Just because I am not interested in science, technology, business, law, or psychology does not mean I am illiterate. I am still a philosopher...

There is nothing wrong with dropping out of Calculus as long as I take it easy on myself.

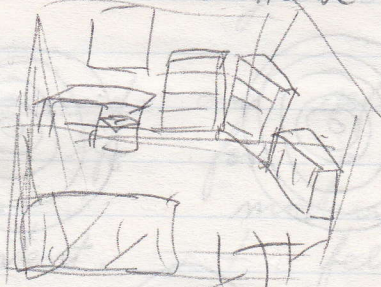
Peace

1527

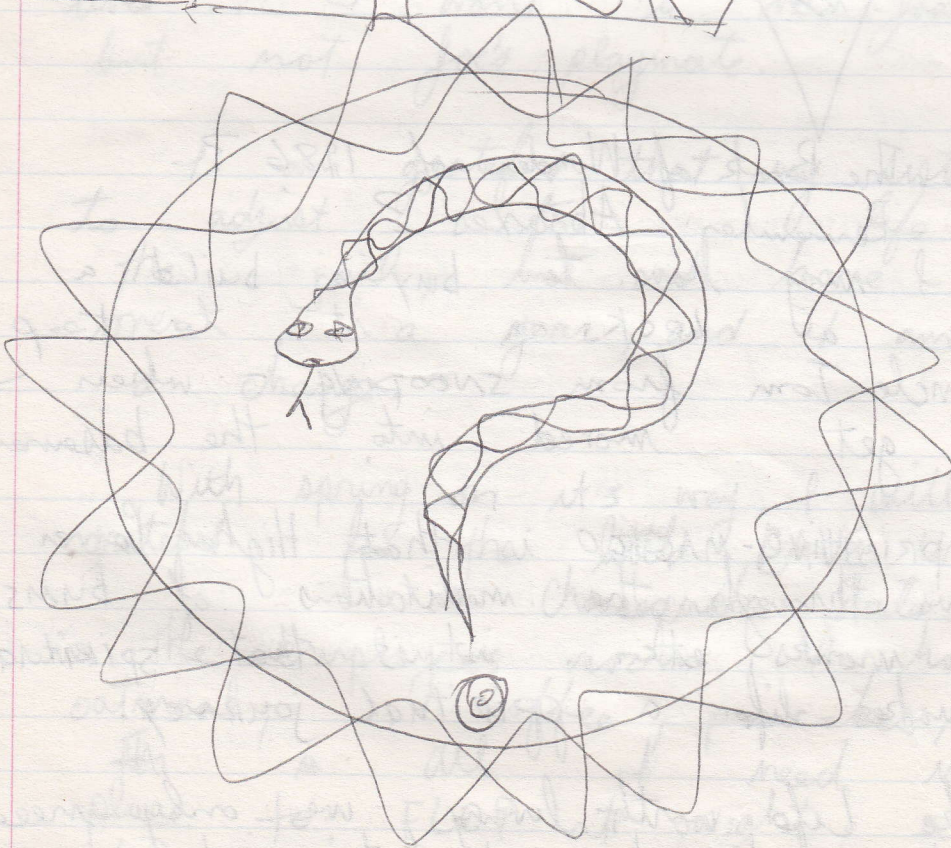
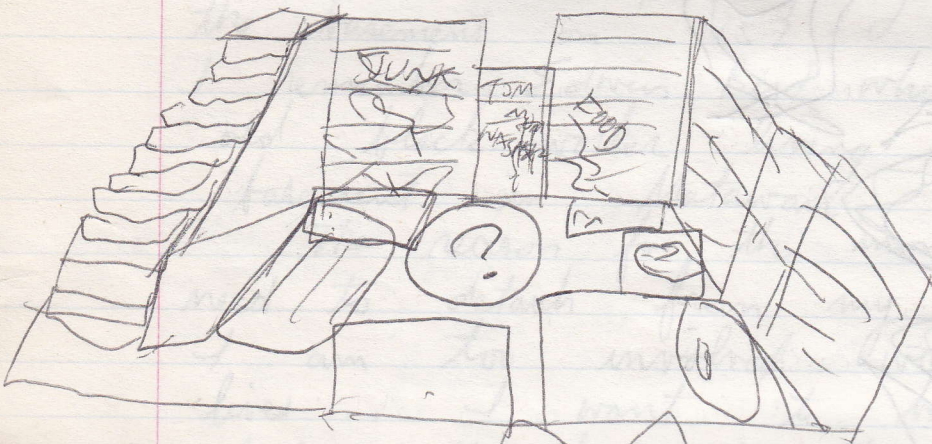
March 5, 1990

227

the room in Dutch Lane Road House :



the BASEMENT at MOM'S :



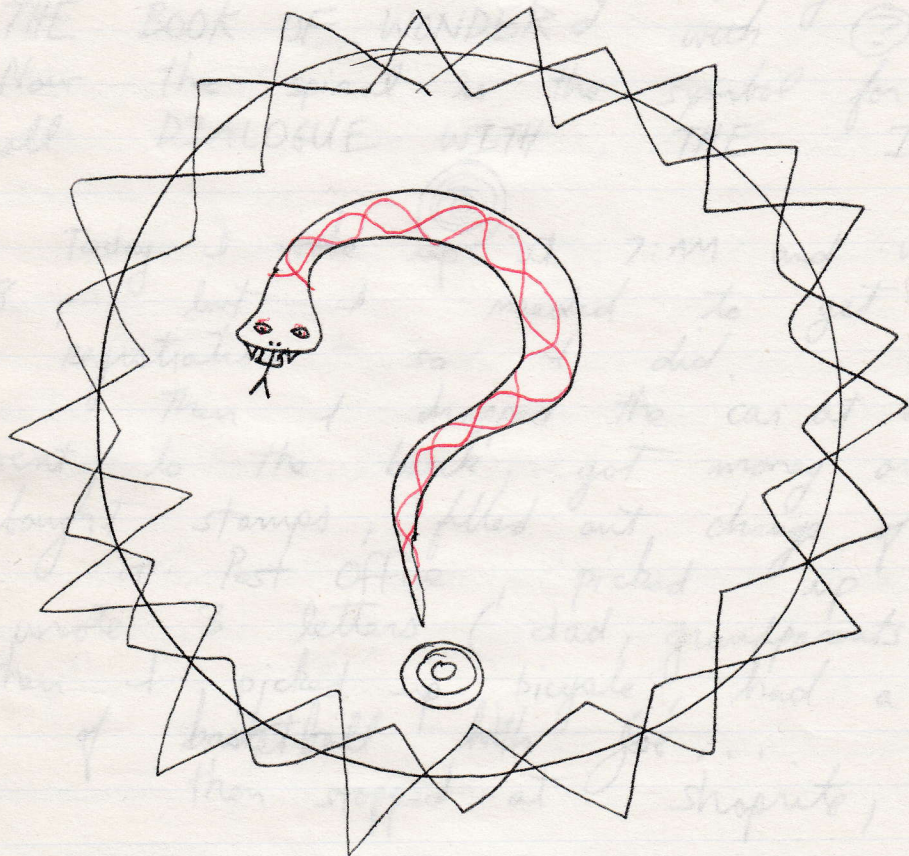
March 16, 1980 Friday evening

1539

239

It was a cold winter in 1986. I had tried to commit suicide that autumn while living down south living with/at dad's...

I was keeping a diary called THE BOOK OF WOUNDS with a question mark as a symbol. Now the book is a symbol for what I call DOWNGRADE WITH THE INWARD FORCES.

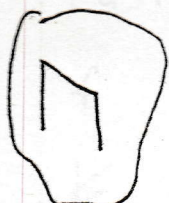


like "the cave" down here in the basement. It is just a homestead to relax in, hide in, sleep in, store the books in...

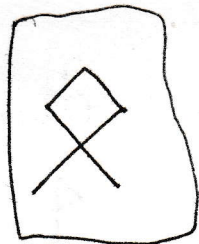


The only thing is that man tends to get, get, get...

I need peace... I go outside for work/smoke/AA



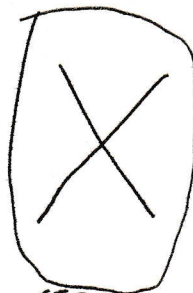
URUZ
5. Strength



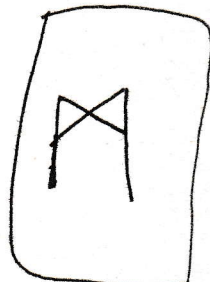
OTHILA
4. Separation



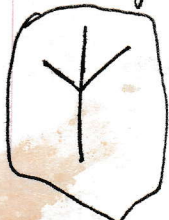
ANSUZ
3. Signals



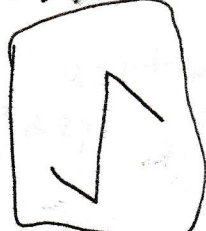
GEBO
2. Partnership



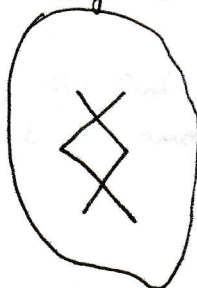
MANNAZ
1. The Self



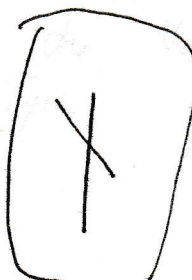
ALGIZ
10. Protection



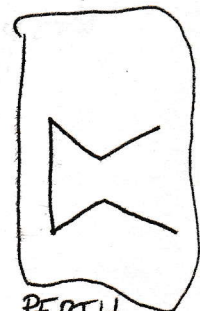
EIHWAZ
9. Defense



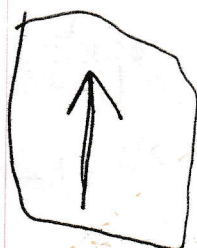
INGUZ
8. Fertility



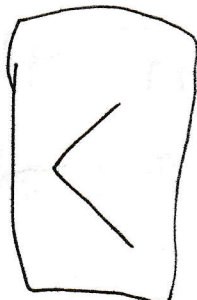
NAUTHIZ
7. Constraint



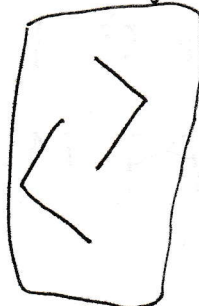
PERTH
6. Initiation



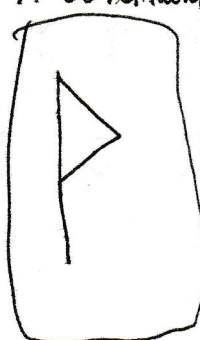
TEIWAZ
15. Warrior



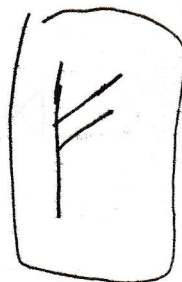
KANO
14. Opening



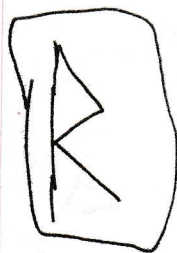
JERA
13. Harvest



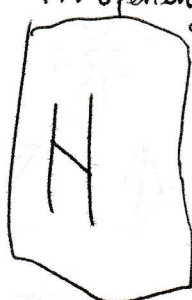
WUNSO
12. Joy



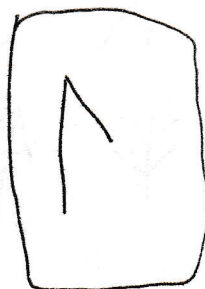
FEHU
11. Possessions



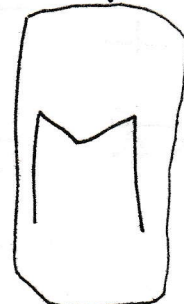
RAIDO
20. Journey



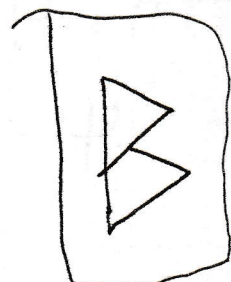
HAGALAZ
19. Disruption



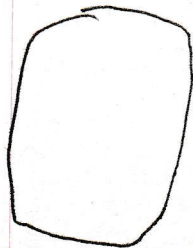
LAGUZ
18. Flow



EHWAZ
17. Movement



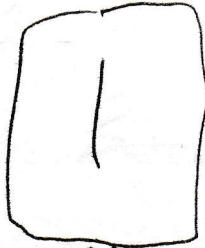
BERKANA
16. Growth



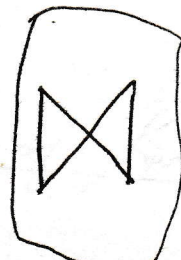
ODIN
25. The Unknowable



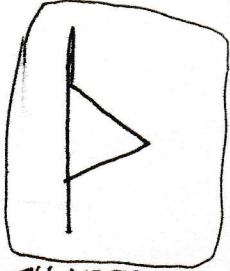
SOWELU
24. Wholeness



ISA
23. Standstill



DAGAZ
22. Breakthrough



THURIZAZ
21. Gateway

Futhark

f u th a r k

F U Þ A R <

3 groups - ættir, named for the Norse gods
Freyr, Hagal, and Tyr

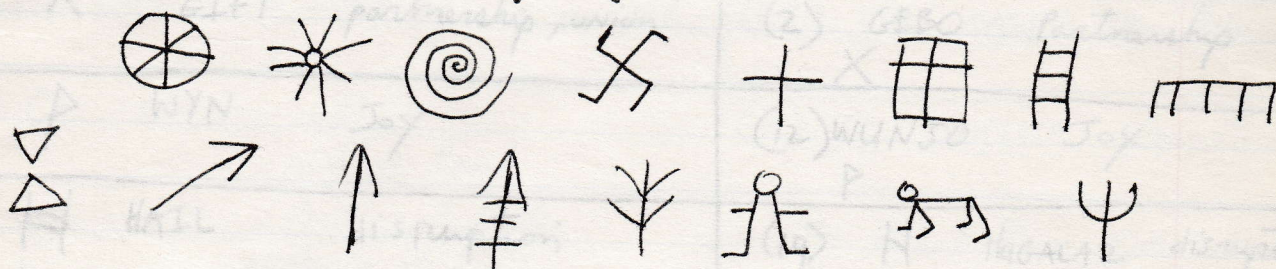
The 3 ættir are:

Freyr's eight: F U Þ A R < X P

Hagal's eight: H T I < > J K Y S

Tyr's eight: ↑ B M A I X X X

Some other carvings found:



from Blum's

The Book of Runes

Futhork (Traditional Order)

modern english	old english	GERMANIC	ETRUSCAN	PRERUNIC SYMBOLS	
	RUNES	NAME	RUNES	NAME	
f	F	feoh	F	fehu	1
u	U	ūr	U	URUZ	Y V
p(th)	Þ	þORN	Þ	thORIBAZ	Δ
a	Æ	ōs	ƿ	ansuz	A
r	R	rād	R	rādo	Q
k	h	cēn	<	Kanō	> 7
g	X	gyfu	X	gebō	X
w	P	wYN	P	wunjo	
h	H	haegf	H	hagalaz	⚡
n	T	nȳor	T	nauthiz	Y
i	I	īs	I	īsa	I
j	ƿ	gēr	↵	jēra	2
e(ei)	↵	eoh	↓	eihwaz	⚡
p	ƿ	peorth	ƿ	perth	4
z	Y	eolh-secg	Y	algiz	I ≠
s	↵	sigel	↵	sowelu	3 2
t	↑	tir	↑	teiwaz	T X
b	B	beorc	B	berkana-	
e	M	e(o)h	M	ehwaz	≡
m	⌘	man	⌘	mannaz	M W
l	↑	lagu	↑	laguz	↓
ng	⌘	Ing	□	inguz	9
o	⌘	ethef	⌘	othila	□ 9
ð	⌘	daeg	⌘	thagaz	⌘ 9

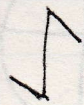
So, this is the Traditional Order...


... and Ed Fitch is accurate...

good sources

they check out...

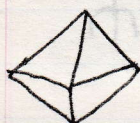
MORE RUNES FROM THE RITES OF ODIN



WOLF'S hook (the pre runic symbol is  swastika)
death

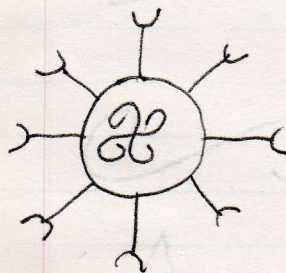


WOLF'S cross
unchangeable fate

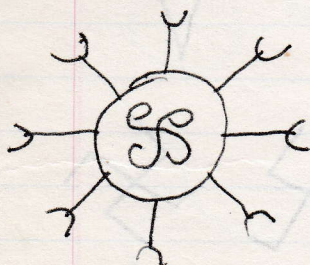


FIRE EYE

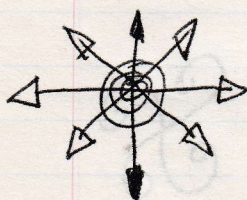
far seeing, second sight, the art of fascination
Freyja's magic



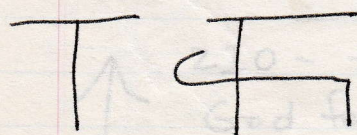
Healing, rejuvenation, power being radiated out



Healing, rejuvenation,
power being drawn in

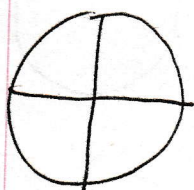


Dissipating, radiating

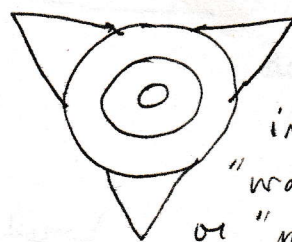


Thor's hammer - Mjolnir

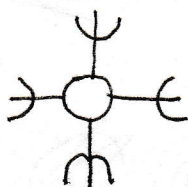
Strength, impact, force, drive,
vast force + used wisely.



ODIN'S EYE
all-seeing
all knowing God-presence
wisdom, intellect



Odin
in his
"wanderer"
or "merciful"
aspect



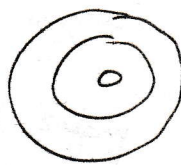
RUNE of Power -
Power radiating outwards



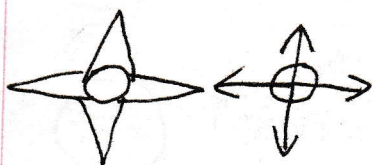
Death - disruption, disjuncting, termination,
destructive, piercing, breaking down



Gentleness
healing



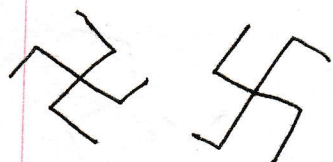
MIMIR
The Mind, meditation,
concentration, introspection



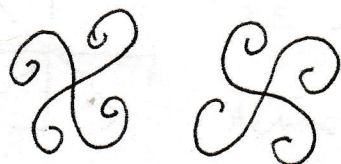
MIDGARD
Middle Earth
the world, depth



SOL - The Sun
Radiant Power
The years cycle



MUNDILFARI
Raw Power, immoderate force
uncontrolled power, creative but violent
- a god aspect



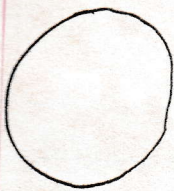
MUNDILFARA
Moderate Power, gentle force
creative and expansive
- a goddess aspect



ZIO - the eldest god
God force, power, thrusting, questing, sending out energy



ZISA - the eldest goddess
Goddess force, nurturing, pulling in energy

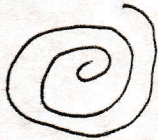


~~the~~ VANADIS

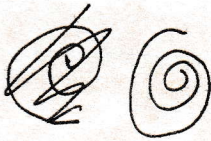
Enclosing, fortifying, sealing



VANAGOTT
Being, existing,
drifting



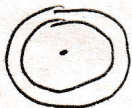
GROTTE - the vaste whirlpool of legend.
The realms of Hel
drawing in, draining, storing



HVERGILMIR - the magic mill of legend.
The realms of heaven, Vahalla giving forth
creating, giving bounty



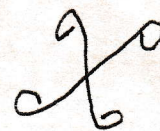
HLUDONIA - happiness at hearth and home
a MOON rune



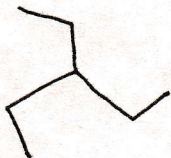
HLODYN - Security and safety
a Moon RUNE



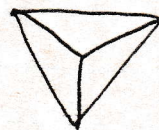
FAGRAHVEL - Success, popularity



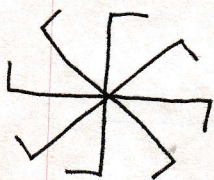
MUNDILFARI
Power and
magnetism



TRISKELON
Flowing power
in honour of Odin

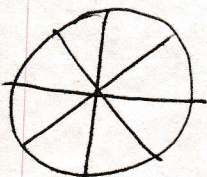


DRAGON'S EYE
Raw Nature, subconscious
the dweller on the threshold
of the mind



THE SIGN OF THE VEHMIC
COURTS

Active defense, and active protection



ACHTWAN: The Great Wheel of Existence
The wheel of the year
The Wheel of Life

* Cheesequake hired me Dec 18, 1989
Not even 1/2 year later, I wanted
to TRANSFER!

May 4 Friday 1990

1569

269

all day I felt "tension" from the foreman
at Cheesequake - my boss Anthony Simone.

Not only is ~~the~~ battlefield only a mile down
the road, but my boss's
would be Jim Noe and Bill's Dad!

I sang and hummed to myself as I
mowed... the gods and spirits and
unseen powers flowed within me...

I stopped by Battlefield to speak to the
chief Ranger... Jim was there... so were
the two secretaries...

I spoke with Bill Ranaud Sr... he will
talk to Dick Barker on Monday -
so I will call him back
on Tuesday 8/5 (462-9616) to see
whether or not I should
ATTEMPT AN OFFICIAL TRANSFER.

Queen Rocks... the gods and spirits have been
at work...

Now I must remain as calm and cool
as possible... I must not expect to
be handed the job.

For Now I will attempt to let go
and surrender to the unseen powers!

MAY 7
RUNIC ENTRY



1570

270

issue - i feel tense and anxious about this opportunity to transfer to Monmouth Battlefield.

THIS RUNE IS CONCERNED WITH COMMUNICATION, WITH THE ATTUNEMENT OF SOMETHING THAT HAS TWO SIDES, TWO ELEMENTS, AND WITH THE ULTIMATE REUNION THAT COMES AT THE END OF A JOURNEY.

MAY 8 TUESDAY

1571

entry: read all of page 123 in Blum's Book of Runes and digit!

Today Anthony Simone said Paul Seder wants to talk to me about the rumour that i want to transfer to Monmouth Battlefield.

After we talked, i wrote up the memo Lorraine typed it and will mail it.

Anthony said that he is not angry ~~and~~ with me. He said, "God bless ya..."



Now i do what the above oracle suggests.
R: not intent on movement; be content to wait. While you wait, keep on removing resistences. As the obstructions give way, all remorse from "trying to make things happen" disappears.

THREE RUNE SPREAD

OUTCOME

OBSTACLE

PRESENT



BERKANA

Growth - Rebirth

A Rune that leads to blossoming and ripening, Berkana is concerned with the flow of beings into their new ~~forms~~ forms. Its action is gentle, penetrating, and pervasive. What is called for here is going into things deeply, with care and awareness. First disperse resistance, then accomplish the work.

URUZ REVERSED

Without ears to hear and eyes to see, you may fail to take advantage of the moment. The result could well be an opportunity missed or the weakening of your position. It may seem that your own strength is being used against you.

Reversed, this Rune calls for some serious thoughts about the quality of your relationship to your Self.

Do not draw back from the passage into darkness. When in deep water, become a diver.



DAGAZ

Breakthrough - Transformation

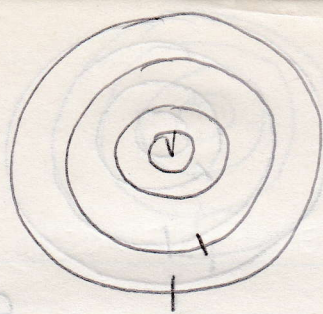
Drawing Dagaz marks a major shift or breakthrough in the process of self-change, a complete transformation in attitude - 180-degree turn. For some, the transition is so radical that they no longer continue to live the ordinary life in the ordinary way.

Because the timing is right, the outcome is assured although not, from the present vantage point, predictable. In each life there comes at least one moment which, if recognized and seized, transforms the course of that life forever. Rely, therefore, on radical trust, even though the moment may call you to leap, ~~momentary~~ emptyhanded into the void. With this Rune, your Warrior Nature reveals itself.

A lot of hard work can be involved in a time of transformation. Undertake to do it joyfully.



This spread could concern the transfer from Cheesecake to Battlefield — or it could blend with the fourth step quest.



1566

14 JUNE 1990

2300 HOURS 304

Today I worked at Monmouth Battlefield State Park, who borrowed me from Cheesequake State Park. My request to transfer from Cheesequake to Battlefield has been approved, but for some reason (Simone, Cedar, Frank Gidoti) it is being held up.

So, in the meantime, while my station is ~~at~~ in Matawan - I will work ~~at~~ in Freehold on and off for the time being.

We mowed grass all day in the pouring rain. I was so drenched that my water resistant 35 dollar watch broke.

After dinner I purchased a 50 dollar pocket watch at Bradlees. The watch has a large buck on it, and I believe it is symbolic of a "Unity with the web of tree life in the Freehold area".

The watch itself cost a day's pay...
... a reward to myself.

I get the STEPPENWOLF feeling with a pocket watch, a lighter, a swiss army knife, keys, etc...

Walk slowly, work industriously... take time to feel the animal within.